PERLER

REGD. TRADE MARK

RECIPES:

Fish Cutlet RECIPES

PERLER
FISH CUTLETS

PERLER PATTIES

1 8-oz. tin Perler cutlets
1½ lb. potatoes
1 small onion
2 tablespoons chopped parsley
Pepper
1 beaten egg

Boil potato and onion together, salted as usual, strain and mash with a little butter, no milk. Add flaked fish and other ingredients, mix well. Shape into oval patties with floured hands, toss in fine breadcrumbs. Dry fry 10 mins. on each side over very low heat. Do not turn till crisp and brown on first side. Makes 12-15 patties.

PERLER CURRY

1 8-oz. tin Perler cutlets
1 medium onion
1 small clove garlic
2 tablespoons margarine
2 cups milk
2 teaspoons curry powder
Salt and pepper
3 tablespoons flour

Cook onion and garlic in margarine. Stir curry powder, flour, salt and pepper into onion mixture, add milk, stir till it thickens. Add flaked fish and serve with cooked rice. Serves 6.

PERLER "FISH PIQUANT"

1 8-oz. tin Perler cutlets
1 large onion
3 tablespoons margarine
2 cups tomato soup or puree
¾ teaspoon salt
1 tablespoon sugar
¼ teaspoon cloves
1 bay leaf

Melt margarine, add chopped onion, soup, salt, sugar, cloves, bay leaf. Simmer 15 mins. Remove bay leaf, add drained, flaked fish, cook 5 more mins. Serves 6.

PERLER CHOP SUEY

1 8-oz. tin Perler Cutlets
1 onion
1 cup chopped celery
1 teaspoon soy sauce
1 teaspoon dry sherry
½ teaspoon cornflour
1 dessertspoon oil or lard
½ cup water
Pepper
Green part of spring onions

Cook chopped onion and celery in oil for 5 mins., stirring constantly, add flaked fish; mix together soy sauce, sherry, cornflour and water, add to fish, etc., cook and stir for 2 mins. Serve sprinkled with chopped spring onions.

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RECIPES:

Salmon RECIPES

PERLER
AUSTRALIAN
Salmon

CREAMED SALMON AU GRATIN

1 16-oz. tin Perler salmon
2 cups white sauce
1 tablespoon lemon juice
Salt and pepper to taste
Breadcrumbs
4 ozs. tasty cheese

Combine lemon juice and seasoning with white sauce, stir in flaked Perler. Turn into greased fireproof dish, top with breadcrumbs and grated cheese. Bake 20 mins. in moderate oven. Serve with crisp Melba toast. Serves 6.

PERLER SALMON SPUTNIKS

1 16-oz. tin Perler salmon
3 cups boiled rice
1 egg
1 tablespoon curry powder
Salt and pepper to taste
Minced onion (optional)

Combine ingredients in bowl, bind with beaten egg. Shape into balls and drop in hot cooking oil and cook till crisp and golden brown. Serve hot or cold for a party or supper treat. Makes 20-30.

DEVILLED SALMON IN POTATO NESTS

1 16-oz. tin Perler salmon
3 cups mashed potatoes
2 tablespoons minced onion
½ green pepper, minced
1 cup condensed tomato soup
1 teaspoon mixed mustard
½ teaspoon salt
1 teaspoon lemon juice
½ cup breadcrumbs

Brown onion and pepper in pan, add soup and seasonings, simmer 3 mins. Add salmon. Shape potato into 6 nests on greased tray, brush with melted butter, fill with salmon mixture. Top with crumbs, bake 15 mins. in hot oven.

SWEDISH SOUFFLE

1 8-oz. tin Perler salmon
1 tin evaporated milk
2 tablespoons flour
1 tablespoon butter
4 eggs
Salt and pepper

Make a white sauce with butter, flour and milk. Allow to cool, beat in egg yolks separately and well, add flaked fish and season to taste. Fold in stiffly beaten egg whites and turn into greased casserole. Stand in pan of hot water, bake ½ hr. in a mod. oven. Serve at once for 4.